

THE EAST COAST GREENWAY IN NEW YORK

One of the most dramatic urban bicycling or walking experiences along our entire 3,000 mile route, the East Coast Greenway in New York City by bike or foot is not to be missed!

The 44-mile Greenway route in New York State stretches through Westchester County, the Bronx, and Manhattan, and a future route will also include Brooklyn and Staten Island.

Today, everyone can cycle or walk along almost all of New York City's safe, green recreational pathways, including a nearly complete circumferential route around the rim of Manhattan. While most of the route in Westchester County is on road, plans are underway to move much of it off road.

62 percent of New York's East Coast Greenway trail is completed, the highest percentage among the 16 Greenway states. Thanks to a 1993 plan for 350 miles of greenways in New York City, which is now largely implemented, 90 percent of the Greenway route in Manhattan is on traffic-free trail. Most of this route is under the jurisdiction of the New York City Parks Department and links some of the city's most inspiring large parks. New routes along the Hudson and East Rivers capture spectacular views of the city's skyline and glimpses of the City's historical working waterfront. The waterfront is now a favorite leisure-time destination for city dwellers, and its path teems with users.

East Coast



The East Coast Greenway Alliance is posting ECG trail markers along the New York route. Currently, NYC Greenway signage like the one to the right marks the route.



ABOUT THE EAST COAST GREENWAY

The East Coast Greenway stretches 3,000 miles through cities, towns, and countryside between Calais, Maine and Key West, Florida. It offers a journey of discovery for local and long-distance bicyclists, walkers, and other non-motorized users. Linking together publicly-owned, firm-surface community trails along our eastern seaboard, the Greenway is a tourist destination for visitors and a safe place for exercise, recreation, and transportation for the millions of people of all ages and abilities who live near the route.

Currently, 21 percent of the 3,000-mile route is complete on off-road local trails. More than 120 traffic-free portions of the Greenway currently serve muscle-powered users of all abilities. Another 20 percent is in development. Interim on-road linkages make the entire route accessible by experienced cyclists. Eventually, almost the entire route will be off-road, allowing families and people at all user levels to travel safely from state to state, city to city or within their own communities without using motorized transportation.

About the East Coast Greenway Alliance

The East Coast Greenway Alliance is the non-profit organization spearheading the development of the Greenway. It partners with local, state, and national agencies and organizations to promote the establishment, stewardship, and public enjoyment of the Greenway. It promotes the Greenway vision, provides strategic assistance to public agencies that build and maintain local trail sections, officially designates trails as part of the Greenway system, posts signage, and makes maps and guides to facilitate use of the Greenway.

Help make it happen

The Alliance needs your help to make this trail a reality and to produce more user tools like this guide. The best way is to become an Alliance member today!

East Coast Greenway Alliance

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To learn about our New York Committee, visit www.greenway.org/ny.php or email eastcoastgreenwayNY@gmail.com.

The East Coast Greenway Alliance does not own, operate or maintain any of the trails and routes shown herein, and assumes no responsibility for damages or injuries to persons or property resulting from travel on these trails. The user assumes all risks and should use good judgment and obey all laws. The Alliance provides this guide for informational purposes only, and makes no representation of the safety and appropriateness for different ability levels of any facilities shown.



EAST COAST GREENWAY® WEEKEND TRIP PLANNER NEW YORK CITY



Linking cities between Maine and Florida

TRIPS FOR WALKERS



TWO RIVERS AND A LAKE

Length: 8 miles one way. Estimated time to walk: 5 hours, including half an hour for lunch.

Level of difficulty: Easy. Entire route is flat. About 85 percent on trail, remainder on sidewalks.

Lunch: Pack a lunch, pick up the makings for a Central Park picnic along the way or try restaurants in the area of Broadway and 96th Street, the midway point of the trip.

Trip Synopsis: This family-friendly itinerary combines portions of the Hudson River Greenway and the East River Esplanade and includes a walk through Central Park and along Central Park South to Columbus Circle. You'll experience the wide variety of landscapes and neighborhoods that contribute to Manhattan's vibrancy.

The walk up the majestic Hudson River offers a series of playgrounds for the kids to sample and breathtaking views of the river, the New Jersey Palisades on the far shore, and the George Washington Bridge. You'll see a bit of the Upper West Side's historic brownstone neighborhood. Following a serpentine route through Central Park, you might choose to pause at the historic Bethesda Fountain or give the kids some time at the nearby playground. At the East River, you'll be greeted by a fantastic view of the Queensboro (59th Street) Bridge and perhaps see the red tram making the trip to and from Roosevelt Island. Heading back to Columbus Circle on 59th Street, you'll pass Bloomingdale's and the Plaza Hotel where the beloved children's book character, Eloise, once resided.

Details at www.greenway.org/ny.php#publications

FAMILY CYCLING TRIPS



EXPLORE LOWER MANHATTAN'S WATERFRONT ON TWO WHEELS

Length: 17 miles round trip. Estimated cycle time: 3 - 4 hours, including half an hour for lunch.

Level of difficulty: Easy. Entire route is flat and paved. 98 percent on trail. Ideal for families or less experienced cyclists.

Lunch: Frequent picnic options available along this route. Eat in or take out from eateries in the World Financial Center. For a sit-down meal, there are restaurants in Battery Park City and at the South Street Seaport.

Trip Synopsis: This shoreline loop, almost entirely on trail along lower Manhattan's Hudson and East Rivers and New York Harbor, is full of exciting things to see—waterfront parks, conversions of former shipping or warehouse structures to new uses, and reminders of New York's history as one of the world's greatest shipping ports. You'll pass ferry terminals and a heliport, pedal under three of the city's great suspension bridges, and see the South Street Seaport, a remnant of the early clipper ship era.

At the southern tip of Manhattan are Battery Park and the towers of the Financial District. Along the route are inviting spots for a picnic lunch. In Battery Park City, on the western shore of lower Manhattan, you will find some terrific playgrounds for the kids to enjoy. You can end the trip at 23rd Street on the East Side where you can head inland to catch a subway. Alternatively, you can return along the same route with a trip on the Staten Island Ferry, if time allows, before arriving back at your starting point.

Details at www.greenway.org/ny.php#publications

TRIPS FOR EXPERIENCED CYCLISTS



A SEASIDE VILLAGE IN THE BRONX

Length: 20 miles one way. Estimated time to cycle: 5 - 6 hours, including half an hour for lunch and other brief stops. Allow time for sightseeing. Return by subway with bike.

Level of difficulty: Moderate. Most of the route is flat, paved, and on signed bike paths. Portions are on city streets, some with bike lanes. Cyclists may have to dismount in spots.

Lunch: Pack a lunch or pick up picnic food on Broadway near Van Cortlandt Park. For a sit-down meal, try one of the restaurants near the park or the café inside the New York Botanical Garden.

Trip synopsis: This route uses some of the newest as well as oldest trail sections in the city, following or crossing a number of rivers and ending at Long Island Sound. Your trip begins along the mighty Hudson River, where you'll cycle along the Hudson River Greenway past piers and through a series of waterfront parks to the Little Red Lighthouse, nestled under the George Washington Bridge. You'll then travel past Inwood Hill Park, across the Broadway Bridge, and into the Bronx. The route winding across the Bronx links Van Cortlandt Park, Bronx Park, and Pelham Bay Park, passing the New York Botanical Garden and not far from the Bronx Zoo. Head through the Bronx River Forest, ride the Moshulu and Pelham Parkway, then cross the drawbridge to East Chester Bay.

It's hard to believe when you reach City Island with its salt air, yachting scene, and New England village feel that you are still in New York City. Return to Manhattan by back-tracking briefly to the Pelham Bay Park subway.

Details at www.greenway.org/ny.php#publications



EXPLORING DOWNTOWN MANHATTAN'S SHORELINE ON FOOT

Length: 12 miles. Estimated time to walk: 8 hours, including half an hour for lunch.

Level of difficulty: An easy, flat route on trail or side-walks. This is a long walk, but there are numerous opportunities to catch public transportation along the route.

Lunch: Get take-out from one of the many eateries in Battery Park City's World Financial Center and picnic along the esplanade or try restaurants in the Battery Park area. For a later lunch, there are food and picnic options at the South Street Seaport.

Trip Synopsis: This walk takes you along the Hudson River, New York Harbor, and the East River on a waterfront pathway system now nearly complete around Manhattan Island. Parks run along much of Manhattan's west side, and one often feels far away from traffic and the hubbub of the City. Always hugging the Hudson, the route is dotted with old piers and some newly refurbished ones that host numerous activities. Battery Park City includes coves with visiting yachts and the Winter Garden, offering a somber view into Ground Zero. Historic Battery Park is a tourist hub where crowds gather to catch the ferry to the Statue of Liberty and Ellis Island.

While less green, the path along the East River has spectacular views of the Brooklyn Bridge and a series of other East River suspension bridges. Stops at the South Street Seaport and a detour into the Financial District are recommended if time allows. At East River Park, sporting fields sandwiched between FDR Drive and the East River are alive with little leaguers and families picnicking, especially on the weekends. A walk across Midtown to catch the subway ends the tour.

Details at www.greenway.org/ny.php#publications



CYCLE TO THE LITTLE RED LIGHTHOUSE

Length: 13.2 miles round trip. Estimated time to cycle: 3 - 4 hours, including half an hour for lunch.

Level of difficulty: Easy, flat, paved pathway, almost entirely on traffic-free path, although there are numerous drive-ways and bus crossings. Ideal for families or less experienced cyclists.

Lunch: Pack a lunch or pick up picnic makings en route at Fairway Market opposite the West Harlem Piers Park on Riverside Drive between 132nd and 133rd Streets. There are also a number of restaurants in the vicinity.

Trip Summary: This family-friendly ride captures the magnificence of the Hudson River, where you'll enjoy a lively parade of watercraft and the faint saltiness of the river in the air. You'll cycle along a series of Hudson River Greenway trails, view the dramatic Palisades rising along the New Jersey shore, and gaze up at the hulking George Washington Bridge.

The ride will reward you with constant surprises as you move from the tourist bustle of the Circle Line terminal, past cruise ship terminals and remnants of the former working waterfront being transformed to new uses. The route traverses some of the city's largest parks, including the developing Hudson River Park, historic Riverside Park, and Fort Washington Park.

Children will enjoy the bonus at the end of this gentle, scenic ride when they arrive at the historic Little Red Lighthouse of storybook fame, perched under the George Washington Bridge. Returning on the same route to 43rd Street, you might catch a breathtaking sunset over the Hudson River.

Details at www.greenway.org/ny.php#publications



CYCLING ON THE EDGE: A LOOP RIDE AROUND MANHATTAN ISLAND

Length: 28 miles round trip. Estimated time to cycle: 4 - 5 hours, including half an hour for lunch

Level of difficulty: Moderate. Most of the route is flat, paved, and on designated bike paths. The portion through Harlem and on the East Side is on city streets, some with bike lanes.

Lunch: Pack a lunch or pick up the makings for a picnic at York Avenue's delis in the 80s to be enjoyed in Carl Schurz Park or across from the West Harlem Piers. There are also restaurants along York Avenue and at Broadway and Dyker Street.

Trip synopsis: This counterclockwise loop around Manhattan Island takes advantage of the nearly complete pathway system developed by the City along the water's edge. It encompasses the Hudson River Greenway, East River Esplanade, and Harlem Speedway. It will take you through the Hudson River Park system past Battery Park City, historic Battery Park, the Financial District, and the United Nations. You will pedal under the Brooklyn, Manhattan, and Williamsburg bridges, past East River Park, and through Stuyvesant Cove Park.

You'll view East Harlem's beautiful brownstones and coast along the Harlem River and down the Hudson River Greenway, passing Fort Tryon Park, The Cloisters, the George Washington Bridge with the Little Red Lighthouse nestled underneath, and Fort Washington Park. Stop at the West Harlem Piers, newly open for cyclists and pedestrians. Continue past Riverside Park and the new Riverside Park South, ending at West 43rd St.

Details at www.greenway.org/ny.php#publications



Travel Information

This guide is one of a series under development to facilitate day trips along nearly completed sections of the East Coast Greenway.

Get out and enjoy the East Coast Greenway with six one-day Greenway itineraries. For more detailed, downloadable information for each itinerary, visit www.greenway.org/ny.php#publications.

Starting Point

Each trip begins at Bike and Roll (www.bikeandroll.com), a bike rental and tour facility at Pier 84, 12th Avenue at 43rd St. The nearest subway station is 42nd Street and 8th Avenue.

Public Transportation

In New York City, weary or behind-schedule cyclists and walkers can easily head to the nearest subway or bus stop. NYC Transit Trip Planner: www.tripplanner.mta.info
HopStop Trip Planner: www.hopstop.com
NYC Transit info: www.mta.info
Bring your bike: www.transalt.org/resources/aboard

Cautions

In case of emergency, dial 911 • There are emergency phones located along some stretches of the route. • Use common sense and be aware of your surroundings at all times. • Travel with others, not alone. • Obey all posted rules. • Be alert to walkers, joggers, inline skaters and cyclists on paths. • Be cautious on city streets, especially those lacking bike lanes or where traffic is heavy. • See www.greenway.org for more information on trail safety.

For more information

- Detailed itinerary info: www.greenway.org/ny/nycguide
- Park and event info: www.nycgovparks.org
- NYC tourism: nycvisit.com
- NYC bike maps: nyc.gov/dot (also at local bike shops)
- Bike NYC: www.nycbikemaps.com
- Safest bike trip routes in NYC: www.ridethecity.com
- NYC travel/tourism info: Google *NYC tourism*
- NYC shoreline walks: www.shorewalkers.org

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www.BikeNewYork.org

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Map: J. David Nelson • Design: Mike Monahan Design
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